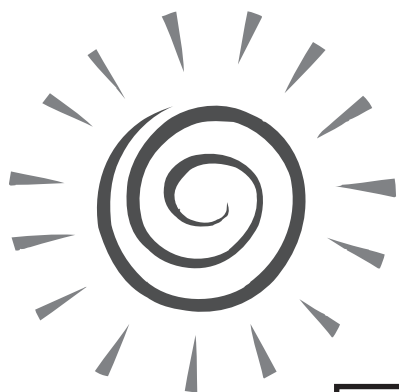


# Fun Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

## 8 Reasons to Commit to Be Fit!



**Get Strong!**

**Be Healthy!**



**Look Great!**

**Feel Great!**

**Be More Confident!**



**Learn New Skills!**

**Do Better in School!**

**Have Fun!**



Compliments of:  
Mesa Fire Department  
Wellness Team



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If you are interested in information on other health and fitness topics, contact the American Council on Exercise  
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